

The MMS Wellness Committee is looking for participants!



Goals of the MMS Wellness Committee:

- a. The goal of the MMS Wellness Committee is to identify, establish and support opportunities for MMS students that encourage a healthy lifestyle and overall state of good health.
- b. Initiatives will be offered within the framework of the current MMS calendar and curriculum
- c. MMS Wellness committee will not be developing wellness policy nor will it be focusing on changes to the school lunch program or PE curriculum

Participation:

- Open to parents, teachers and students
- Meetings are on the first Friday of the month 7:30-8am @ MMS

Some ideas that are currently being discussed:

- Nutrition education to help students make good choices in the cafeteria
- Supporting TEAM, the family activity program
- Starting a running club for Grades 5 & 6 similar to the club at Southeast School.
- Expanding the use of the MMS garden

Please contact Karen Molloy, school nurse, if interested. molloykj@mansfieldct.org